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Three shot in Roxbury

Shooting. Three people were injured in a broad daylight shooting on Academy Terrace in Roxbury yesterday afternoon. PAGE 02



A man near the shooting scene on Academy Terrace in Roxbury is overcome with emotion. / NICOLAUS CZARNECKI, METRO

Cabbies protest at Cambridge City Hall

PAGE 02

Is time off from work the secret to happiness?

PAGE 12



Will Pats pass rush be potent in 2016?

PAGE 13



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NEWS

Top 3

The best of Metro.us

- 1 'Former Subway star Jared Fogle allegedly paid 16-year-old for sex'
- 2 'Brewery brevity: Nightshift lends idle hands a helping hand after kicked out from casino'
- 3 'There's a "Dildo War" at Union Square this weekend'



On the go

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Three people shot in Roxbury, suspect on loose

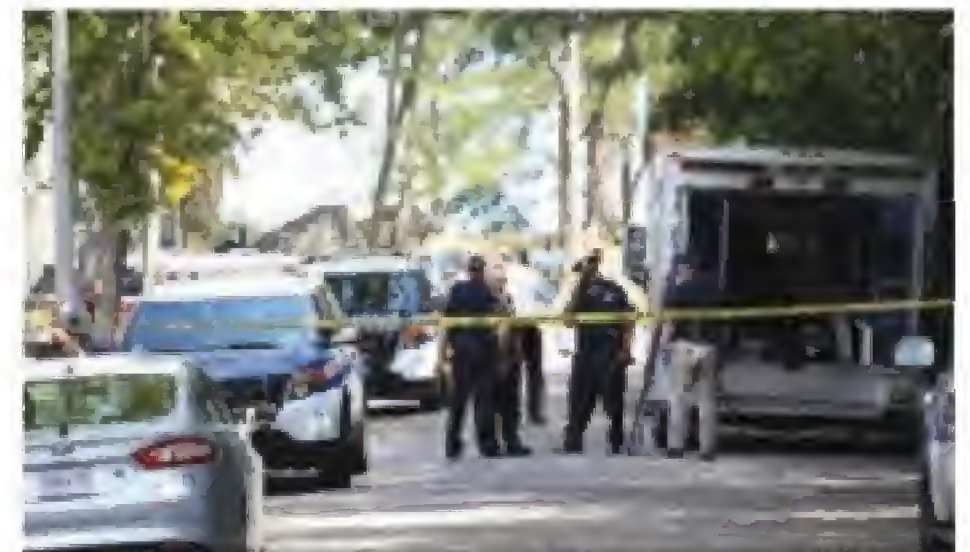
Broad daylight. Police are investigating after three people were shot on Monday in Roxbury.

Boston police were on the hunt for a shooter Monday after a man opened fire on three people Monday afternoon in Roxbury.

The shooting occurred at 92 Academy Terrace around 12:45 p.m., police said. A homicide investigation is actively underway.

The victims were two women and one man, according to police. Two have serious injuries and one sustained non-life-threatening injuries, police said.

Police described the suspect as a Hispanic male wearing a white tank top and cargo shorts. The suspect was reportedly last seen driving down Academy Road toward Columbus Avenue in a white pickup.



Above, police investigate near Academy Terrace in Roxbury where three individuals were shot on Monday afternoon. Left, a man near the scene becomes emotional over the possibility that a person he knows was shot. / NICOLAUS CZARNECKI, METRO

Investigators seek the public's help in finding the suspect for what one Boston lieutenant called an especially heinous crime.

"[Bostonians] ought to be furious that people think it's OK to pick up a gun and fire shots where there are children playing outside," Lt. Mike McCarthy told Metro. "Any help they can give would be appreciated."

Homicide units were being called to the scene,

police said, which a BPD spokesman said is a preemptive move in case victims succumb to their injuries.

If anyone has any information on the suspect or anything regarding the incident, please call BPD Homicide Unit: 617-343-4470 or send an anonymous tip to 1-800-494-TIPS.

KEELA SWEENEY
and NICOLAUS CZARNECKI
letters@metro.us

Cambridge cabbies crabby over Uber, Lyft

Cambridge cab drivers went on a day-strike yesterday to protest against the proliferation of the ridesharing apps Uber and Lyft.

"They do the same work as we do, but they make more money and have less oversight," said Cambridge cab driver Chando Souffrent, who joined his fellow cabbies for the daylong strike and demonstration in front of City Hall.

"We want them out if they won't be regulated better," said Souffrent, who has driven a cab for 22 years. This is all out of greed. We have set fares, they do not. They charge what they want. We are in crisis. Serious crisis."

The Cambridge cabbies went on strike at 4 a.m. on Monday, protesting the "free rides" Uber and Lyft drivers

Quoted

"We want them out if they won't be regulated better. ... We have set fares, they do not. They charge what they want. We are in crisis. Serious crisis." Chando Souffrent

seem to be getting when it comes to regulation, resulting in a financial headlock for hackney drivers.

They claim that Uber and Lyft have decimated their business, cutting profits in half due to a void in proper insurance, background checks and training for their drivers.

The one-day strike brought large crowds in front of Cambridge City Hall. The cab drivers also conducted a rolling protest, which shut down the Mass. Ave. Bridge during Monday's morning rush hour.

The cabbies claim they have lost 65 percent of their business to Uber and Lyft across the board. In Boston, you have 1,825 hackney licenses. Cambridge has 267. Uber has 17,000 cars in the area. While the cities regulate cab meters, Uber can set whatever price they want. As a result, cabbies claim that they have taken a massive hit in business.

Emails seeking comment from Uber and Lyft were not immediately returned.

NATE HUMAN



Taxi cab drivers in Cambridge held a strike outside of Cambridge City Hall on Monday in protest against rideshare programs. / NICOLAUS CZARNECKI, METRO

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Planned Parenthood. O'Malley calls for defunding

Boston's Cardinal Sean P. O'Malley stepped into the debate swirling now in Washington on funding for Planned Parenthood on Monday, calling on lawmakers to defund the women's health organization.

"The most recent revelations about Planned Parenthood's willingness to traffic in fetal tissue from abortions, and to alter abortion methods not for any reason related

to women's health but to obtain more "intact" organs," O'Malley wrote, "is the latest demonstration of a callousness toward women and their unborn children that is shocking to many Americans."

The Boston archbishop is chairman of the U.S. Conference of Catholic Bishops' Committee on Pro-Life Activities.

O'Malley has taken many public stands in opposition to abortion, among them

boycotting graduation ceremonies at Boston College because the school invited a pro-choice speaker and giving the homily at the National Prayer Vigil for Life in January.

The Senate was scheduled to vote Monday whether to open debate on federal funding for the group, which has come under scrutiny after the release of hidden-camera footage showing a top Planned Parenthood executive talking about its methods in collecting and transporting fetal organs. Anti-abortion group Center for Medical Progress recorded the video of a conversation with Deborah Nucatola, senior director of medical services, via hidden camera.

The video, which by Monday had more than 2.7



O'Malley / NICOLAUS CZARNECKI

million views, sparked new criticism from Republicans, who have long fought to undermine and cut funding for Planned Parenthood.

An email sent to Planned Parenthood requesting comment was not immediately returned.

SPENCER BUELL



Who ya gonna call?

For some patients at Tufts Medical Center, a phone call to the Ghostbusters wasn't even necessary because comedienne Melissa McCarthy, Kristen Wiig and other members of the upcoming remake cast just turned up. The group roamed through the hospital in full movie attire Saturday, checking under beds and doing mock scans for ghosts, as well as visiting with patients and their families, E! News reported. / PROVIDED

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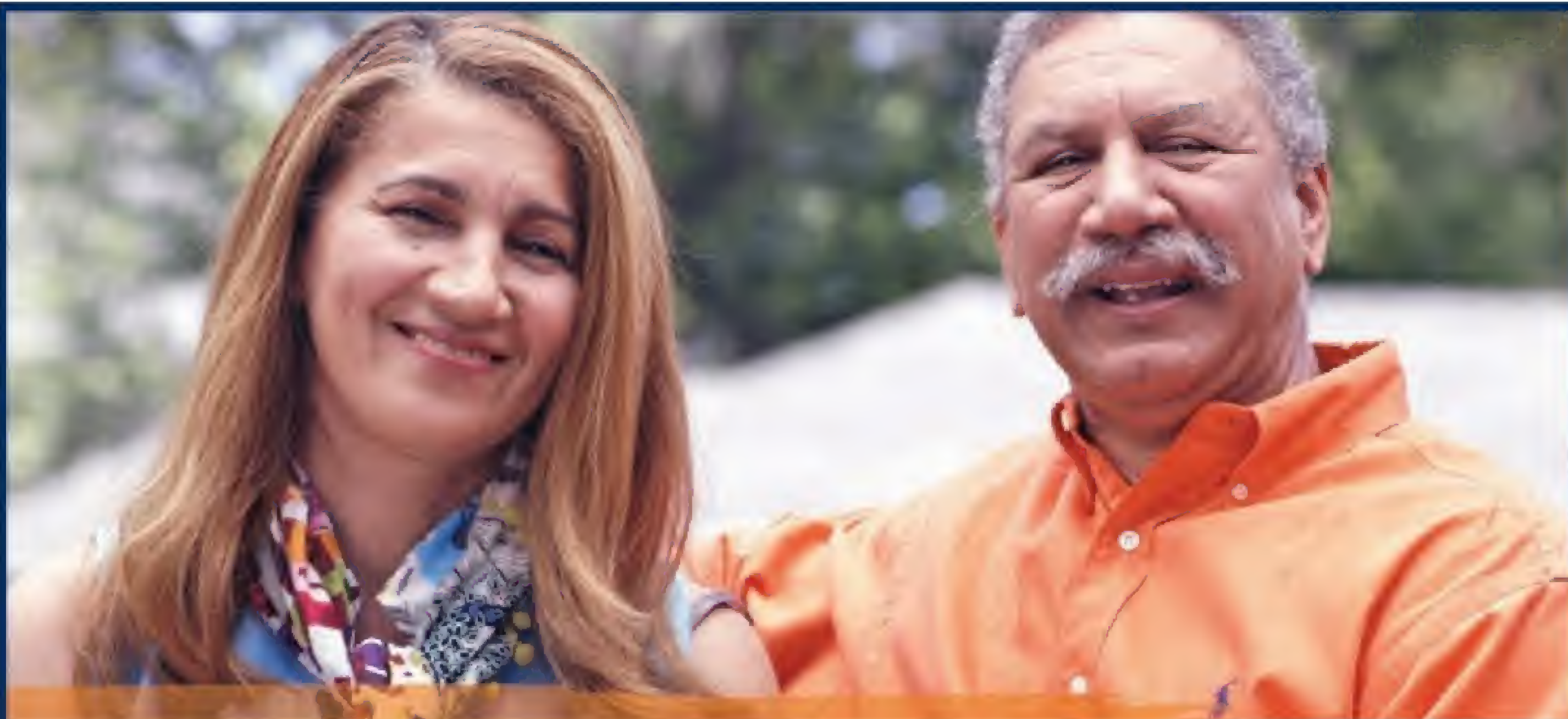
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Animal protection

Killing of Cecil pressures US to protect lions

The killing of Cecil the lion by a U.S. hunter in Zimbabwe has turned up the pressure on Washington to extend legal protection to the African lion by declaring it an endangered species, but some hunting advocates said that would lead to more regulations that could ultimately harm the big cats.

The United States has the world's most powerful animal protection law, the Endangered Species Act, which has been extended by the U.S. Fish and Wildlife Service to many non-U.S. species including the African elephant and cheetah.

Adding the African lion to the U.S. list would not prohibit trophy hunting but it would require a permit from the service to import lions or their body parts to the United States.

Such a permit would only be issued if the agency determined that importing a

Quoted

"Sport hunting has been identified as a threat to the continued existence of the species."

Sanerib whose group has backed listing the African lion as endangered.

lion or parts of it would not be harmful to the survival of the species, said Tanya Sanerib, a senior attorney for the Center for Biological Diversity, which advocates for species protection worldwide.

In 2014, the Fish and Wildlife Service proposed listing the African lion as threatened under the U.S. Endangered Species Act.

The top Democrat on the U.S. House of Representatives Natural Resources committee, Raúl Grijalva, and 49 other House Democrats sent a letter on Thursday to the service asking it to finalize listing the lion as endangered.

REUTERS

The new hunter the Internet loves to hate

Backlash. The news comes in the wake of the controversial death of Cecil the lion at the hands of a U.S. dentist.

A female hunter from Idaho is the center of the Internet's collective hate for posting photos of her posing with animals she reportedly legally hunted in Africa.

Sabrina Corgatelli posted photos on Facebook of her pos-

ing with a dead giraffe, impala and wildebeest, all of which quickly garnered hateful comments.

"To me, it's not just killing an animal — it's the hunt," Corgatelli told the "Today" show.

The news comes in the wake of controversy surrounding the death of Cecil the lion at the hands of an American dentist. Internet backlash eventually led to the dentist closing his practice and disappearing.

Corgatelli claims that her hunting was legal. **MATT LEE**



SABRINA CORGATELLI / FACEBOOK

Quoted

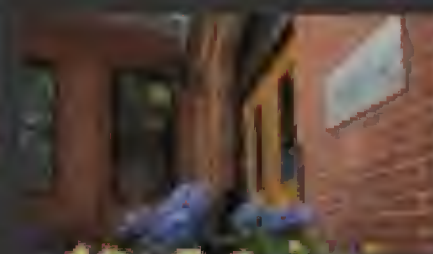
"Everybody just thinks we're cold-hearted killers, and it's not that. There is a connection with the animal, and just because we hunt them doesn't mean we don't have a respect for them. Giraffes are very dangerous animals. They could hurt you seriously very quickly." Sabrina Corgatelli

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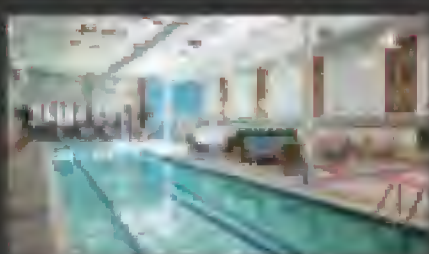
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President Obama issues challenge on climate change

Clean Power Plan. The regulations face certain legal challenges from states and industries.

President Barack Obama challenged America and the world to step up efforts to fight global warming on Monday at the formal unveiling of his administration's controversial, ramped-up plan to cut carbon emissions from U.S. power plants.

Declaring climate change the greatest threat facing the world, Obama said the regulation requiring the power sector to cut its emissions by 32 percent from 2005 levels by 2030 would reduce Americans' energy bills and improve the health



President Obama /GETTY IMAGES

Quoted

"We only get one home. We only get one planet. There's no plan B." Obama

of vulnerable populations nationwide.

The plan, which also mandates a shift to renewable energy from coal-fired electricity, is meant to put the United States in a strong position at interna-

tional talks in Paris later this year on reaching a deal to curb global warming.

Obama is enacting the plan by executive order, bypassing Congress, which rejected legislative attempts to reduce pollution from carbon dioxide, a common greenhouse gas blamed by scientists for heating the earth.

The Clean Power Plan is intended to be a key part of the president's legacy on global warming, which he pledged to fight as a candidate for the White House in 2008.

"We're the first generation to feel the impact of climate change. We're the last generation that can do something about it," Obama told a sympathetic audience at the White House. **REUTERS**

Painful Varicose Veins & Swollen Legs?



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Five things you need to know

Search intensifies for suspected killer of Memphis police officer

The hunt for a man suspected of fatally shooting a policeman in Memphis intensified on Monday with law enforcement intent on capturing one of the most wanted men in Tennessee.

Tremaine Wilbourn is suspected of shooting Officer Sean Bolton, 33, multiple times during a scuffle after the officer pulled up to a parked car and apparently interrupted a drug deal, Memphis police said.

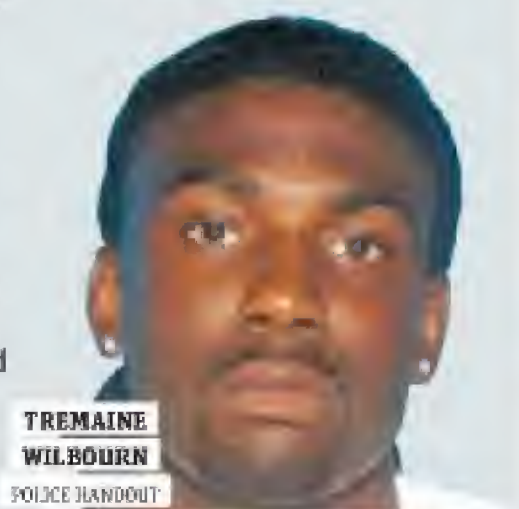
"We are exhausting all available resources," said police spokesman Louis Brownlee. He said the U.S. Marshall's Service has offered a \$10,000 reward and Mayor A C Wharton has asked the Memphis City Council to match it.

The Tennessee Bureau of Investigation placed the suspect on its Top Ten Most Wanted Fugitives list on Monday, saying, "Wilbourn should be considered armed and dangerous."

Police said Wilbourn, 29, was on supervised release from prison, where he had been serving a 10-year sentence for bank robbery.

Bolton, a former Marine, became the third Memphis police officer to be shot and killed in the past four years.

REUTERS



TREMAINE
WILBOURN
POLICE HANDOUT

Jury keeps death penalty as option for Colorado movie gunman

James Holmes, the Colorado movie massacre gunman, could face the death penalty after jurors found on Monday that aggravating factors including the cruel nature of his crimes counted for more than mitigating ones such as mental illness.

The panel of nine women and three men will now hear from victims of the July 2012 rampage at a midnight screening of the Batman film "The Dark Knight Rises." They will then deliberate on whether the 27-year-old shooter should be executed by lethal injection.

Sitting in the public gallery, Holmes' father, Bob, put an arm around the shoulders of his wife, and the couple bowed their heads. REUTERS

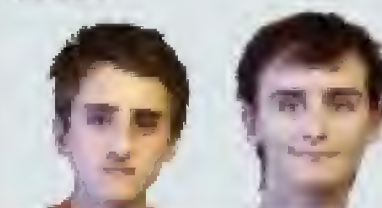
Okla. brothers plead not guilty to killing five family members

Two Oklahoma brothers accused of murdering their parents and three siblings pleaded not guilty on Monday in a Tulsa County court.

Robert Bever, 18, and Michael Bever, 16, were charged as adults, each with five counts of first-degree murder and assault and battery with intent to kill.

The brothers are suspected of killing their parents, David and April Bever, two brothers and a sister with various weapons, including a hatchet, on July 22 in their Broken Arrow home.

REUTERS



California water officials seek penalties in spill

California water quality regulators have asked Attorney General Kamala Harris to consider enforcement action against the owner of an oil pipeline that ruptured near Santa Barbara in May, spilling petroleum onto beaches and into the Pacific Ocean.

The Central Coast Regional Water Quality Control Board said Monday that it had referred the incident near Refugio State Beach to the state's top prosecutor, who under the law could seek penalties of up to \$25,000 per day of violation, plus \$25 for every gallon of oil spilled.

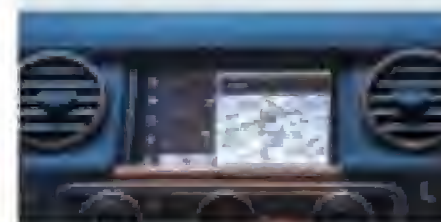
The owner, Plains All American Pipeline, said it had worked alongside federal, state and local authorities to help clean up the spill.

REUTERS

German carmakers buy Nokia maps to fend off digital rivals

German carmakers BMW, Audi and Mercedes will pay around \$2.8 billion to buy Nokia's maps business, beating out high-tech rivals for location services seen as key to the future of self-driving cars.

Germany's three premium carmakers joined forces and will hold equal stakes in the business, known as HERE, clubbing together to keep the assets from falling into the hands of Internet rivals in Silicon Valley or China. REUTERS



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ALL PHOTOS GETTY IMAGES

It's 'Will and Jada are divorcing' season again

Everything old is new again, including conclusive, concrete proof — from anonymous sources — that Will Smith and Jada Pinkett Smith are totally done as a married couple. Welcome to the latest edition of Celebrity Gossip Deja Vu! "For Will and Jada, holding it together these past few years has been tough because their marriage has been on life support for a long time," a source tells Radar On-

line. "They're exhausted from trying to maintain the facade of a happy union. They've decided to pull the plug in a carefully choreographed manner [and] agree announcing their split at the end of the summer is the right move." Of course, that's because early August is generally a pretty quiet time, with lots of folks on vacation, and you wouldn't want to blow a big announcement then.

Please don't make awkward press tour videos a thing

It looks like that awkward Cara Delevingne interview with "Good Day Sacramento" started a trend, and that's a terrible, terrible thing. Now poor "Fantastic Four" stars Michael B. Jordan and Kate Mara are getting the same treatment, with an obnoxious radio host peppering them with questions about how an African-American guy and Caucasian girl playing brother and sister is weird and how Mara looks hotter with long hair. Stay classy, Rock 100.5's "South-

side" Steve Rickman. "Am I missing something? You're white, and you're black. How does this happen?" Rickman asks. And after Jordan dignifies that with a response, Rickman moves in on Mara's locks: "You're way, way hot," he told her. "Why'd you cut the hair? Your hair was beautiful." And then proceeded to not let the topic go — at least until he

could tell her he's really into toes. Please stop.



Gwyneth Paltrow consciously uncouples from 'conscious uncoupling'

First Gwyneth Paltrow tries to distance herself from ex-husband Chris Martin by using the term "conscious uncoupling," and now she's trying to distance herself from the term itself, claiming she totally had nothing to do with it being used on her Goop post about the split. Sure, Gwyneth, whatever. "When I announced that I was separating on the website, [Goop editorial director Elise Loehnen] titled the piece 'Conscious Uncoupling,' and I had no idea," she tells Fast Company. But she's totally fine with us making fun of it, even if the criticism freaks out her Goop staff. "When something like that happens, I think everybody is like, 'Oh s—,'" Paltrow says. "I just tell them that I think we are creating interesting discussions." Whatever gets you through, ma'am.



Jessica Alba burned by sunburnt customers



Customers who have used Jessica Alba's Honest sunscreen are red-hot with rage after the organic product allegedly failed to protect them against the sun's dangerous rays. Unhappy sun-lovers shared photos of their horrific sunburns on social media, as reported by BuzzFeed. One irate customer, A. Hughes, wrote, "My family of five used this sunscreen yesterday, and all five of us are very burnt. You might as well slather yourself in baby oil because this is how well it works!" Another customer, Brandon Atherton, posted a

picture of his bald head on Twitter with the caption, "This is my very real result from Honest 30 SPF sunscreen. Only spent one hour outside. Burnt." The Honest Company defended the product in an email to us, saying the sunscreen had been tested and met FDA standards. "The number of complaints received on our own website about our Sunscreen Lotion constitute less than one-half of 1 percent of all units actually sold at Honest.com. We stand behind the safety and efficacy of this product," the statement said. **MORGAN ROUSSEAU**

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CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.



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Interview. Sure, you and your BFFs are funny, but Lennon Parham and Jessica St. Clair are so funny, they made a TV show out of it.

Not everyone can say they get to work with their best friend, but that's one dream Lennon Parham and Jessica St. Clair are getting to live out. And they're using that dream for inspiration.

"Both of us felt like, on television, there are so few, if any, real-life best friends depicted. So most of the time, you'll see best friends on TV, and it'll be like one's the slut, one's the nerd, and like, somehow you make it work," says St. Clair.

The duo, who met through the Upright Citizens Brigade, created and star in "Playing House." The show follows the adventures of a pair of friends, Emma (St. Clair) and Maggie (Parham), who decide to raise a baby together after Maggie catches her husband cheating on her. The new season finds them living life with a

How to find the comedy in friendship



"Playing House" returns tonight at 10 p.m. on USA. / MICHAEL YARISH, USA NETWORK

newborn and trying to figure out their lives as parents.

What made you guys want to focus on female friendship as a comedy source?

Jessica St. Clair: We really

wanted to portray what a realistic best friendship is, which is amazing, and you have each other's back, but also, you're almost as close as a romantic relationship, and you can get in fights.

Where do we find the ladies in Season 2?

JSC: The season picks up six months after the baby was born, and the girls are coming out of

that fog of motherhood and figuring out how to get back into the world. They're both gonna try dating, figuring out what they want to do with their lives, that kind of stuff.

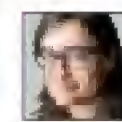
Lennon Parham: Yeah, there's a lot of figuring out when you first have a child. You sort of recalibrate, like, who am I as this mom? But also with the stuff that I used to love to do before.

How do you decide what's a Lennon joke versus a Jessica joke?

LP: We break the story with our room, which means we figure out the beats and outline it really specifically, and then Jess and I will take the writer of that episode, and if it's us, it's just the two of us in a room, and we act everything out. We improvise the scene, and we revise it on its beat, and we talk about it, what we like and what we don't like, and then we redo it.

When you do this, do you both play all the characters?

JSC: Lennon always plays Keegan [Michael Key, who plays St. Clair's high school boyfriend]. ... So when you see a really romantic scene between Keegan and I, I want you to imagine us in our living room improvising that. Together. It is so awkward. Often the writer is like, "Should I leave the room? Like, I do not want to see this." And we're like, "You are going to sit there, and you are going to watch it."



LISA WEIDENFELD
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PARHAM &
ST. CLAIR
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CHILD AND ADULT CARE FOOD PROGRAM ANNOUNCEMENT OF INVITATION TO BID

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The public bid opening will be at 1:00 p.m., August 20, 2015 at 316 Huntington Avenue, Boston, MA 02115.

Copies of the Invitation to Bid may be received from:
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316 Huntington Avenue
Boston, MA 02115.
Attn: Paul Slewin

Or via email - pslewin@ymcaboston.org

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Real-life inspiration

How much does art imitate life on this show?

JSC: We couldn't have done any of it without each other. When Lennon has to be out of the editing room, I have a nervous breakdown. I'm so used to having her there.

LP: Jessica says that Julia Louis-Dreyfus convinced her to have a baby, but I think it's because I had a baby, and she was like, "I'm not doing this alone!"

JSC: Yes, I would have waited forever, but then Lennon did it. And I was like, oh, God. I'm not going to have us have

totally different lives. Might as well have a baby. And then it was the best decision that I ever made. But I'll tell you what I did do that was not right. I didn't do any research before I had a baby, and I copied Lennon's birth plan much like you'd copy someone's eighth grade social studies test. So when it came time for me to have an epidural, they were like, it's too late, and also it says on your birth plan: "Don't ask me about an epidural." And I was like, "What psycho would write that?" It was Lennon. So sometimes it backfires on me.

LP: Check your work. Check your work.

metro.us/horoscopes



Aries Don't expect others to sing your praises. If you are forthright and progressive and take the lead, you will make others take note.



Taurus No matter how alluring it may be, don't get talked into doing something that has no value or meaning to you. Use good judgment.



Gemini You will be extremely convincing today. Your peers will be glad to participate. A romantic evening will provide the perfect ending to your day.



Cancer Your emotions will be difficult to control. Separate yourself from distressing situations and find a relaxing hobby or activity.



Leo Don't make lofty promises. You may feel like taking on the world, but if you renege on a deal, you will lose credibility. Take a journey.



Virgo Before you sign on the dotted line, ask yourself what your motivation is. If you are trying to appease someone else, think twice.



Libra Powerful allies are essential to fulfill one of your dreams. Once people see what you have to offer, they will be eager to come on board.



Scorpio Someone you considered trustworthy will disappoint you. By expressing your ideas to superiors, you won't be overlooked.



Sagittarius Love connections can be made. Do your best to use your energy wisely. An old idea will bring revolutionary results.



Capricorn Don't expect to get immediate agreement with your recommendations. Make sure that the information you offer is from a reliable source.



Aquarius Communication is key. You will inspire confidence in others if you are confident yourself. Put your best foot forward.



Pisces Offer to go the extra mile and make a good impression. If you leave it up to someone else, you will give up a chance to advance. **EUGENIA LAST**

metro.us/crossword

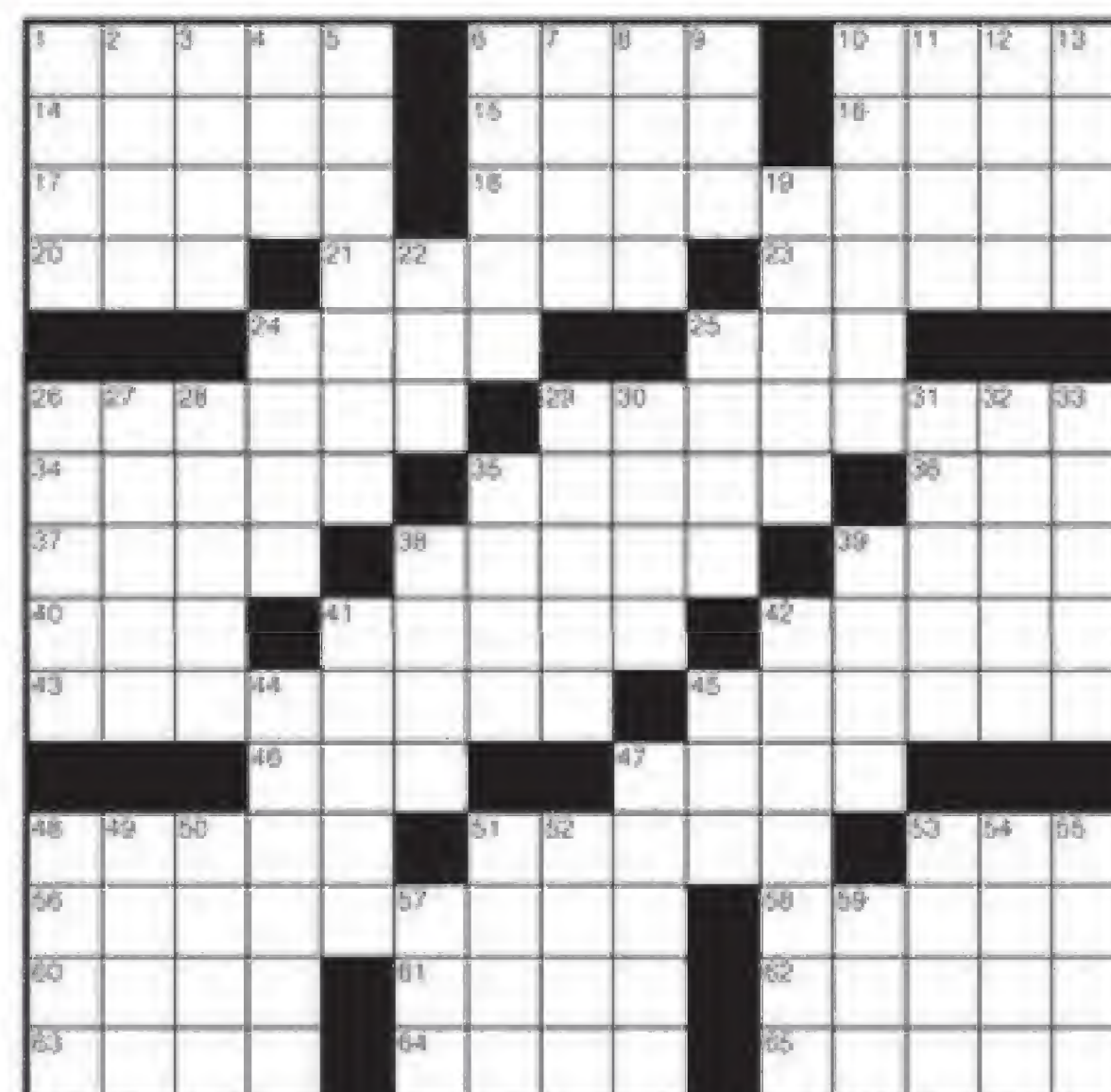
Across

1 fab Four member
6 Eye amorously
10 Zilch
14 Departure
15 Layered cookie
16 Racetrack shape
17 C-3PO or R2-D2
18 Draw irresistibly
20 Metro RRs
21 Diary keeper
23 Dwells
24 Wild country
25 Dry, as wine
26 Self-defense art
29 Cosmos
34 Sultans' cousins
35 Roof topping
36 Mantra chants
37 Consumer advocate — Myerson
38 Grammy winners
39 Membership fees
40 Homer Simpson's dad
41 Faint glows
42 Silent flier
43 Formal dinners
45 Coves
46 Sturm — Drang
47 Look a long time
48 Sphere of influence
51 Drizzling
53 — — flash
56 Horse groomer
58 Plantation house

60 Baroness Karen
61 Trevi Fountain site
62 Dainty, perhaps
63 Contradict
64 Bout enders
65 Future fern

Down

1 Like some steaks
2 Goddess's statue
3 Robin beaks
4 Onetime Prizm maker
5 Productions
6 Get-up-and-go
7 Neutral color
8 Relay race portions
9 L-o-n-g time
10 See
11 Tel —
12 Bewilder
13 Stein fillers
19 Student, in Paris
22 Language suffix
24 Stripes
25 Makes a lap
26 Shish —
27 Invisible swimmer (var.)
28 Out of the sack
29 Radii parallels
30 Hassles
31 Blush makeup
32 Process ore
33 Slalom runs



35 Put in order
38 Took legal action
39 Cartoon chipmunk
41 Daddy's sis
42 Digestive juices
44 Eccentric

45 John, in Glasgow
47 Sarcastic remarks
48 Like limes
49 Reflect on
50 Kind of muffin
51 Castle, in chess

52 Weapon supplies
53 Stats
54 Roulette color
55 "Artaxerxes" composer
57 PC monitor
59 Jungfrau or Eiger

For crossword answers, go to metro.us/crossword-answers



metro.us/sudoku

easy

	5	2			3			8
9	3		7	8		1		6
		6	2			5		
	1	5				2	9	
		9		7	6			
7		8		2	9		6	5
6			5			4	2	

hard

					6			9
6							4	
		1	3	9	4	5		
		2		3	5		1	8
	3			4			2	
1	6		9	2		4		
		5	4	1	3	7		
	7							4
4			7					

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

metro.us/truthfacts



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Reconnect with your partner

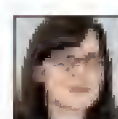
When it comes to taking things for granted, no one's lower on the list than the person right next to you. Stepping out of your usual routine is already a great start — it doesn't matter whose turn it is to take out the trash in a hotel room. Mix in some activities you'll both enjoy, and you'll remember why you chose to share custody of the remote control with this person. The key is to do things as a couple, sharing experiences (preferably something new) that you can bond over, whether relaxing together or challenging yourselves — though if you're on shaky ground, keep it low stress.

wellbeing

Five reasons why you should take a *vacation*

MAKE HEALTHY YOUR NEW HAPPY

You'll be happier, healthier and more productive — so get out of the office already!



EVA KIS
@thisiskis
eva.kis@melbourn.us

It's the beginning of August, and most of the world has left not just their offices or even their cities but their countries for weeks, even the whole month, for vacation. When they come back, they're more productive, feel better and are physically healthier. Consider this your doctor's note and start making plans.

Buy happiness

That "money can't buy happiness" adage has one big caveat. When you invest in an experience, the good feelings begin well before you set out, Cornell University researchers found. The anticipation before a trip is a great series of mood-boosters (pro tip: milk this one by booking a few months ahead). Trips fill our need to indulge and express an aspect of our identity in a way an impersonal object can't match. The satisfaction we get from discussing the trip afterward lasts for months, even years.

Reboot your brain

One sure sign you need a vacation: catching yourself wondering how it's the end of the week already every Friday morning. Routine literally lulls the brain to sleep; time feels like it's passing quickly simply because you're not paying attention to anything. But when you're about to take a cruise for the first time or zipline through a jungle in South America, it's all hands on deck as your mind tries to process all the new information flooding in. The richness of your experiences is what's actually making time feel like it's passing more slowly. This is just one way your brain gets rebooted when you take it out of cruise control — and maybe, your perspective on daily life will be refreshed, too.

Natural high

You don't have to commit to hiking for miles to feel better outdoors. Scientists aren't sure why, but we really do feel different when we get out among the trees or into the mountains. There's the biophilia hypothesis, otherwise known as conventional wisdom: Our bodies are simply responding to being useful again in our natural habitat (you know, not behind a desk). It could

just be getting more sunshine into our vitamin D-deprived bodies. Whatever it is, nature works, even in doses as small as 24 hours: Participants in a University of Michigan study felt happier, had lower levels of the stress hormone cortisol and were better able to focus. Speaking of stress, for best results, go someplace where the Internet doesn't reach so you won't be tempted to sneak in a few work emails before breakfast.

Awe's role in health

When's the last time you felt awe? Not just, "Hey, that's cool," but the sensation of being completely overwhelmed by an experience? We're talking bucket list stuff: the Northern Lights, seeing a concert at Red Rocks Amphitheatre in Colorado or watching the sun set from a paddleboard in Maui. A study published in February by the University of California, Berkeley, found that feeling awe boosts your health by fighting inflammation. Communing with overwhelming sights that leave us speechless lowers the level of cytokines in our bodies, calming our immune system and staving off depression. Consistently high levels of cytokines, meanwhile, have been linked to diabetes and Alzheimer's.

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BOSTON
MEDICAL

Veterans, new faces look to power Pats' defensive line

NFL. New England must replace Vince Wilfork and improve on their strong defensive front from a year ago.

With the uncertainty surrounding the Patriots cornerbacks, there's an even further importance on the defensive line this season.

It's simple: get to the quarterback before he can throw it, and it won't matter who's covering the wide receivers. (OK, it's not that simple.)

But just like there is turnover at the cornerback spot, there is turnover on the defensive line.

One of the all-time greatest Patriots, Vince Wilfork, has moved on to Houston, and the Patriots now have a big void — literally and figuratively — to fill in the middle.

There's plenty of young blood on this year's D-line, so let's take a look at some of the names you'll be hearing about in camp.

Defensive End automatics: Rob Ninkovich, Chandler Jones, Geno Grissom, Trey Flowers, Jabaal Sheard. Rob Ninkovich may be one of



Will Malcolm Brown be an impact player in the middle for the Patriots defense? / GETTY IMAGES

the most unheralded Patriots over the last few seasons, but he's had success at both outside linebacker and defensive end for the Patriots. His football IQ is of even more importance on a young line.

This is a big season for Chandler Jones, too. The one thing Jones can improve on: consistency. At times he looks locked in, and others you forget he's even on the field.

The Patriots signed fifth-year veteran Jabaal Sheard from Cleveland during the offseason. Sheard has 23 sacks over his first four seasons and should see increased playing time in New England.

There will be lots of eyes on the Patriots two rookie defensive ends. Geno Grissom and Trey Flowers were taken four picks apart in the 3rd and 4th rounds, respectively, and

both look to find roles off the edge.

Defensive Tackle automatics: Malcom Brown, Alan Branch, Dominique Easley, Chris Jones, Sealver Siliga

Who's going to clog the middle? The Patriots are going to need their young players to step up this season.

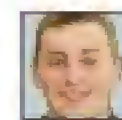
They've got two first-round draft picks — one last

year in Dominique Easley and one this year in Malcom Brown — looking to make a splash early on in their careers. Easley fell to the Patriots in last year's draft due to tearing both of his ACLs in college. After the Pats placed him on the IR last season, Easley is healthy and ready to go, having just come off the camp PUP list.

Brown was a 2014 Bronco Nagurski Trophy finalist (most outstanding defensive player) and his versatility on the line will be something Bill Belichick will look to utilize. Though he played some nose tackle, Brown is not a Vince Wilfork replacement.

The Patriots also have linemen Alan Branch, Chris Jones, and Sealver Siliga to provide some veteran depth. Branch was re-signed by the Pats over the offseason. Jones and Siliga are both Wilfork protégés and if healthy will be counted on to shoulder the load this season.

The rest: DE Zach Moore, DE Xavier Dickson, DT Antonio Johnson, DT Joe Vellano, DT Vince Taylor



JIMMY TOSCANO
@JimmyToscano
sports@boston.com

Red Sox

Top pitching talent Owens to make MLB debut

Ready or not, here he comes.

Red Sox pitching prospect Henry Owens will make his major league debut Tuesday night at Yankee Stadium against the Yankees. With Rick Porcello going on the disabled list, the Red Sox needed a starter for Saturday, and they will turn to the 23-year-old lefty. He will become the third left-hander who started the year with Pawtucket to make his major league debut this season.

"Well, we wanted to insert another starter and not move guys up. We wanted to provide an extra day of rest, so Tuesday is Henry's day," manager John Farrell said. "It's going to be probably the biggest stage



Red Sox fans hope Owens is a part of the rotation for years to come. / GETTY IMAGES

he's going to make his debut on as schedule has it. Ideally, having another left-hander going against that lineup in that ballpark. We'll see him on Tuesday."

Owens was a first-round pick by the Red Sox in 2011

and jumped quickly through the organization, but leveled off once reaching Triple-A in July last season. The biggest issue for Owens has been the number of walks.

In April and May, Owens had 35 walks in 54 1/3 innings.

At one point in early June he had the most walks in all of baseball — both Triple-A and the majors. Recently, the 6-foot-6 Owens has commanded his pitches much better as over his last two starts (12 innings) he has a total of two walks and in the month of July he has issued just eight walks in 31 2/3 innings.

"A lot more strikes, repeating his delivery," Farrell said of what has changed for him. "I think coming out of spring training there was some work needed just commanding his body as well as the baseball and that has been the case over the last four weeks or more. In a nut shell, it's more quality strikes throughout the entire time he's on the mound."

Overall, in 21 starts he is 3-8 with a 3.16 ERA. It will be interesting to see how he performs

being thrown into the fire right away in Yankee Stadium against the first-place Yankees. Owens does have a very laid-back personality, so maybe that will help take the pressure off of starting for the first time in the environment that is Yankee Stadium.

It does raise the question of are the Red Sox putting their prospects in a position to succeed in their first major league starts? Brian Johnson made his debut two weeks ago in Houston, but hadn't pitched in 15 days and had thrown just five innings over three weeks — not ideally how you want to go into your first start in the majors.

Regardless of if it's the best time, the Red Sox are shifting focus towards 2015 and they want to know what they have in Owens." RYAN HANNABLE

3

SPORTS

MLB

Rivalry continues

It doesn't matter where the Red Sox are in the standings, when they play the Yankees they bring their A-game. So look for Boston to try and help spoil the Yankees AL East playoff hopes as a three-game series kicks off Tuesday at 7:05 p.m. (NESN) in the Bronx. Masahiro Tanaka gets the nod for New York as rookie Henry Owens debuts for Boston.



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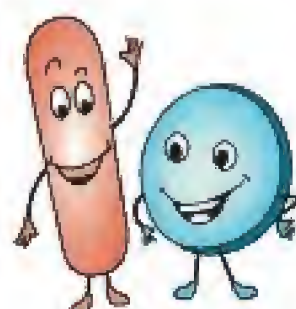
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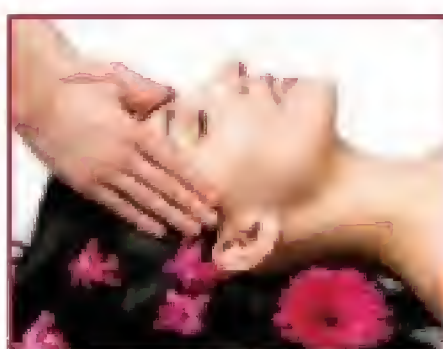
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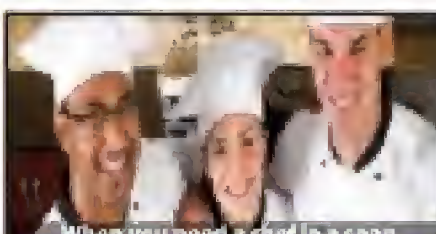
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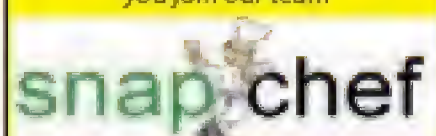
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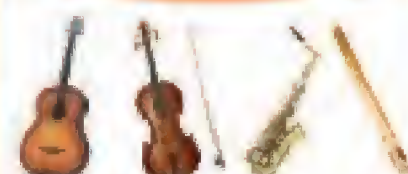
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TO WIT:

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The Condominium and each of the units is intended for residential purposes and other uses permitted by the applicable Zoning Ordinances and as set forth in the Master Deed.

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For mortgagor's title see deed recorded with Suffolk County Registry of Deeds in Book 40166, Page 162.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California Street, Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

THE BANK OF NEW YORK MELLON FKA THE
 BANK OF NEW YORK, AS TRUSTEE FOR THE
 CERTIFICATEHOLDERS OF THE CWABS, INC.,
 ASSET-BACKED CERTIFICATES, SERIES 2006-17

Present holder of said mortgage
 By its Attorneys,
 HARMON LAW OFFICES, P.C.
 150 California Street
 Newton, MA 02458
 (617) 558-0500
 201408-0925 - YEL

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Yonell Wilson to Chase Manhattan Bank USA, N.A., dated January 15, 2004 and recorded with the Suffolk County Registry of Deeds at Book 33662, Page 023, subsequently assigned to U.S. Bank National Association, as Trustee, successor in interest to Wachovia Bank, N.A., as Trustee for Chase Funding Mortgage Loan Asset-Backed Certificates, Series 2 by Chase Manhattan Bank USA, N.A., by assignment recorded in said Registry of Deeds in Book 48477, Page 261, as affected by assignment to U.S. Bank National Association, as Trustee, successor in interest to Wachovia Bank, N.A., as Trustee for Chase Funding Mortgage Loan Asset-Backed Certificates, Series 2004-2 by Chase Bank USA, N.A., f/k/a Chase Manhattan Bank, USA, National Association, by assignment recorded in said Registry of Deeds in Book 51097, Page 194, of which the Mortgage the undersigned is the present holder, for breach of the conditions of said Mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 11:00 AM on August 18, 2015 at 366 Geneva Avenue, Unit 1, Boston (District of Dorchester), MA, all and singular the premises described in said Mortgage, to wit:

All that parcel of land in Town of Dorchester, Suffolk County, Commonwealth of Massachusetts, as more fully described in Deed Book 26424, Page 188, being known and designated as Lot 10, Plan of Land in the Town of Dorchester, filed in Plat Book 2369, Page end. By Fee Simple Deed from Sydney A. Kimm and Patrick Kimm and Marcia Kimm as set forth in Book 26424 Page 188 dated 05/31/2001 and recorded 06/01/2001, Suffolk County Records, Commonwealth of Massachusetts.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms if any, to be announced at the sale.

U.S. Bank National Association, as
 Trustee, successor in interest to Wachovia
 Bank, N.A., as Trustee for Chase Funding
 Mortgage Loan Asset-Backed Certificates,
 Series 2004-2
 Present Holder of said Mortgage,
 By its Attorneys,
 ORLAND MORAN PLLC
 P.O. Box 540540
 Waltham, MA 02454
 Phone: 781-780-7800

7/28/2015, 8/4/2015, 8/11/2015

The Chuck Taylor All Star II



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